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\$10 MILLION
estimated



**Friday's
Jackpot**



OFF THE RAILS

THE EMBATTLED RAILWAY
AT THE CENTRE OF THE
LAC-MÉGANTIC DISASTER
FILES FOR BANKRUPTCY
PROTECTION

PAGE 5

Germs gone wild!

Watch out, students:
Bacteria and pestilence
are lurking on every
surface, just waiting to
pounce on you!

PAGE 3

Chemo drug update

Health Minister Deb
Matthews vows to introduce
legislation to address flaws
in Ontario's cancer drug
supply chain

PAGE 3

Are apps not apt for baby?

Advocates are pressing for
more scrutiny of
smartphone games that
claim to help young children
learn

PAGE 6



Ken Coran, the London West byelection candidate who faced the most scrutiny, sat down for a chat with Metro now that the dust has settled. MIKE DONACHIE/METRO

I could have won: Ken Coran

Byelection. London
West Liberal candidate
looks back and ahead



MIKE
DONACHIE
mike.donachie@metronews.ca

He may well be London's
best-known jobseeker.

A few short weeks ago, it
looked as if Ken Coran might
be headed for Queen's Park
as the next MPP for London
West. He must have thought
so, anyway, since he left his
job as head of the Ontario Sec-
ondary School Teachers' Fed-
eration days before entering
the race.

But by election night, the
Liberals' hold on the riding
had evaporated, and Coran
came in a distant third, with
just 15 per cent of the vote.

Now, he has given Metro
his personal insight into the
byelection battle, and he in-
sists he could have won it.

**What did the election teach
Coran?**

"I think I've gained a great
appreciation for politicians.
I think I've also learned a lot
about the diversities we have.
I was able to liaise with a lot of
different communities."

**Was there a point when he
felt it was starting to go
wrong?**

"I never at any point thought
we weren't going to win.
In fact, I thought every day,
based on going door to door,
I thought we were starting
to change some minds on a
regular basis. Had the cam-
paign lasted longer, maybe
the results would have been
different."

**Is he happy with the cam-
paign? Any regrets?**

"There's an old saying from
my coaching days: 'There's
no harm in losing as long as
you leave everything you've
got on the field.' We tried our
hardest. How could we regret
that?"

**If he could do it all again,
would he want anything to
be different?**

"The campaign took a toll
on my daughter. There were
some pretty nasty social
media comments that were
upsetting. Those personal at-
tacks, they're hard to take.
Elections should be about the
issues."

**Did he lie about coaching the
Western Mustangs? He insists
that's still a very firm "no."**

"I think the exact phrase I
used in my speech was I was
called to help coach the Mus-
tangs."
(Coran was one of a number of
high school coaches helping
at Mustangs events. It was re-
ported that he said he played
for the team in 1972.)

**Did he lie about living in Lon-
don for nearly 40 years?**

"I've lived in the same house
since 1991. I had to go to my
neighbour and ask, 'Would
you be willing to say I've lived
here all this time?'"

**Was he hurt or insulted by
doubts cast on his integrity?**

"I would say I was taken aback
by it. You're playing with the
definition of a word."

Why didn't he win?

"Timing was probably the big-
gest issue."
(Coran admits the problems
included questions about
why the five byelections were
called for the summer, and
about the Liberals' cancella-
tion of two gas plants.)

What's next for Ken Coran?

As well as dealing with "loose
ends" from his last job, Coran
is completing a course with
the University of Toronto's
Rotman School of Manage-
ment, which will train him to
sit on a board of directors. He's
helping his daughter study
and plans to catch up with
friends and family.

**Does he have a job lined up?
The short answer is no, he
says.**

"I'm always looking at op-
tions. I think my skill set is
still marketable. It's problem-
solving, mediating, bringing
people together, negotiating
and that sort of thing."

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Damage control

Hudak should face leadership review head-on, caucus member advises

Ontario Progressive Conservative Leader Tim Hudak was advised by one of his caucus members Wednesday to ask for a leadership review at the party's convention next month, rather than allowing pressure to build among disgruntled Tories.

Conservatives in London, angry after the party lost four of five byelections last week, filed motions to seek a leadership review at their upcoming policy convention in the Forest City.

Hudak and his supporters shouldn't be trying to block the motions, said Tory MPP Frank Klees, who finished second in the Tories' 2009 leadership race.

"The worst thing you can do is to suppress the opinion of the grassroots," Klees added. "Let them express themselves, and I really think the best way to deal with this is to get ahead of the issue, preempt any disgruntlement that may well build up."

The Tories do not have a provision for a leadership review at the London convention, but Klees said it would be wise for Hudak to ask for one anyway to help solidify his control of the party.

"For Tim to put that vote out there voluntarily, without being seen to resist that, I think it shows confidence on the part of the leader, and I think that in itself would instill confidence on the part of the members in the leader," he said. "If you're afraid of what the members are going to say, what does that say about a general election and the general public?"

THE CANADIAN PRESS



The germs on the bus go round and round: People who take public transit might want to consider some extra hand-washing. Buses are among the most germ-laden places you can imagine, a germ expert says. SCOTT TAYLOR/METRO

The lowdown on dirt

It's everywhere! Germs, bacteria powering up, expert says



SCOTT TAYLOR
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Buses. Bathroom door handles. Grocery carts. Even cellphones.

Thousands of students will flock to the city over the next few weeks preoccupied with accommodations, classes and socializing, but there are far more sinister things to worry about — and they're all right in front of their eyes.

Germs, bacteria and even fecal matter are everywhere, warns a nationally known expert.

Jason Tetro, also known as "The Germ Guy," is a Toronto-based microbiologist. He's swabbed everything from grocery carts to ATM screens. What he's grown in Petri dishes from those swabs is shocking.



'The Germ Guy'
Jason Tetro
CONTRIBUTED

"Whenever you have high-touch surfaces, whether it be an ATM or just a bathroom door handle," he said, "you're going to be finding germs. While some practise good hygiene, many don't, so surfaces can quickly become contaminated."

That means someone can touch a doorknob, absently rub an eye and be running for the toilet in just a matter of days. It really does spread from person to person that quickly, Tetro said.

"One of the most common things people touch is fecal bacteria, which is exactly what it sounds like. After you've gone to the bathroom, if you don't wash your hands there's a very good likelihood you'll have fecal bacteria on them, and you'll transfer that over to

Top 10 germ hot spots

1. Cellphones
2. Gas pumps
3. Restaurant menus
4. Lemon/lime wedges
5. Condiment dispensers
6. Bathroom door handles
7. Grocery carts
8. Airplanes
9. Free/communal food (bowls of nuts/chips)
10. Escalators

Source: Forbes.com

other surfaces," he said.

Tetro has found plenty of it on grocery carts, so people touching the handles were also touching the fruit they left behind and the number pads on debit machines. While that may make some queasy, Tetro said the real danger is just now making itself known.

"We're seeing more of what we would call hospital infections starting to appear in the community. Not only are we dealing with the fecal germs,

we're seeing C. difficile, MRSA and even a new NDM1 bacteria that is resistant to almost any type of antibiotic," he said.

It's not all doom and gloom as long as simple, but repetitive, hygiene and safety precautions are taken.

"Over 80 per cent of infections happen as a result of your hands touching your face," he said. "Wash your hands eight to 10 times a day and whenever you go from one place to another, wash your hands again."

Matthews promises action after chemo drug report made public



Health Minister Deb Matthews is promising to introduce legislation that would address issues that led to diluted chemotherapy drugs being administered to patients.
METRO FILE

Health Canada should regulate all entities that mix drugs outside a licensed pharmacy, a report from the expert that looked into the chemotherapy drug scare recommended on Wednesday.

It also urged Ontario to bring in stronger rules for licensed pharmacies by inspecting and licensing those in the province's clinics and hospitals as well as those that prepare large volumes of drug mixtures.

Ontario Health Minister Deb

Matthews promised to introduce a bill this fall that would give the province's College of Pharmacists the powers recommended in the report.

"No one should have to go through what the affected patients and their families have gone through," she said. "To those patients and their families, I want you to know how deeply sorry I am that you have had to go through this."

The recommendations come four months after it was

discovered that 1,202 patients in Ontario and New Brunswick — the majority of whom were being treated at London Health Sciences Centre — received diluted chemo drugs, some for as long as a year.

Extra saline in bags containing cyclophosphamide and gemcitabine effectively watered down the prescribed drug concentrations by up to 10 per cent, the report found.

Marchese Hospital Solutions, which provided the mix-

ture, fell in a jurisdictional grey area, with the federal government and College of Pharmacists unable to agree on who was responsible for the facility.

To close the oversight gap, Dr. Jake Thiessen, who investigated the mistake, is recommending a clear division between provincial and federal responsibilities.

Thiessen said he found flaws throughout the cancer-drug supply chain.

THE CANADIAN PRESS

Gas plant scandal. New report recommends more transparency in future

A long-awaited report intended to prevent another gas plant fiasco in Ontario recommends a more transparent planning and site selection process for large energy projects in the province, where local governments and the public have greater say and responsibility.

The report from the Ontario Power Authority (OPA) and the Independent Electricity System Operator (IESO) was recently submitted to Ontario's energy minister, Bob Chiarelli.

Among the report's 18 recommendations:

- Strengthen processes for "early and sustained engagement" with local governments and the public.

- The province should develop an "inter-ministerial action team" with senior staff to clarify decision-making around the planning and site selection of large energy projects in the province.

- The OPA should continue to foster ongoing relationships with First Nations and Métis communities and recognize the "duty to consult" when it comes to regional planning and site selection of large energy initiatives that impact those communities.

- Create "regional electricity planning advisory committees" with members that include elected officials, including those from First Nations and Métis communities.

After receiving a request this past May from Ontario's energy minister, the OPA and

Controversy

- Gas plants in Mississauga and Oakville were scrapped at a taxpayer cost of nearly \$585 million to save Liberal seats in the 2011 provincial election, the opposition parties say.

- Ontario Premier Kathleen Wynne has previously said the gas plants were selected for the "wrong" places.

IESO went across the province in June and July speaking to Aboriginal communities, municipalities, electricity companies and others in the energy business.

Feedback was gathered from more than 1,250 Ontarians.

The goal was the creation of a new integrated regional energy planning process that would focus on improving the way large energy projects, such as natural gas power plants, are site selected in Ontario.

"Robust electricity planning and (site selection) have an important role to play in identifying cost-effective and locally appropriate solutions ... " an introductory letter from Colin Andersen, the CEO of OPA, and Bruce Campbell, the president of IESO, states in the new report.

TORSTAR NEWS SERVICE

Python. In wake of boys' deaths, Ontario looking at exotic animal regulations

Ontario is considering provincial regulations to control ownership of exotic animals after two New Brunswick boys were killed by a python while they slept.

Community Safety Minister Madeleine Meilleur says she asked for an update after hearing about the tragedy in northern New Brunswick, and was told the regulation of exotic animals is left up to municipalities.

Meilleur says she wants to talk with towns and cities about having the province create one common set of regulations to replace the municipal patchwork of rules.

She says there are protections for the animals themselves, but there's no specific regulation to protect people who may be put at risk by exotic pets like pythons.

However, Meilleur says she will first consult with the municipalities before the province takes any action.

The RCMP say Noah and Connor Barthe, aged four and six, were found dead Monday after a 45-kilogram African rock python escaped from its enclosure in the apartment, slithered through a ventilation pipe and fell through the ceiling in the room where the two boys were sleeping.

THE CANADIAN PRESS



People get colourfully messy at the starting line of a past Color Run in the United States. CONTRIBUTED

Start in white, end up a rainbow

Popular. The Color Run started in the U.S. and has grown immensely, with over 100 runs set for this year, with one in London on Aug. 17



MIKE DONACHIE
mike.donachie@metronews.ca

People throwing things at you when you're running down the street is never going to be

good, right?

Well, sometimes it can be. The Color Run is coming to London for the first time to celebrate health, happiness, individuality and getting messy.

The popular event — which, to explain its spelling, began in the United States — is to be held at the Western Fair District on Aug. 17.

It sees runners of all ages, sizes and abilities start in all-white clothing and, with different shades of coloured powder filling the air along the route, end the event looking like human rainbows.

A portion of proceeds goes to charity, and London's beneficiaries will be the Tara "Boom" Houston Children's Foundation, which gives financial help to the families of sick kids, and the cancer appeal One Run.

"The Color Run is all about having fun and healthy living, while giving back to local charities," said founder Travis Snyder.

"The event brings the community together and creates energy so positive it's contagious. Our mantra is 'Be Happy. Be Healthy. Be You.'"

Appeals to first-timers

- There's no winner and nobody's timed.
- This year, there will be more than 100 Color Run events and an estimated one million participants.
- More than 60 per cent of "Color Runners" are first-time 5K runners and participate as a celebration of their healthy living accomplishments.

Building permits up in London: StatsCan

There's more good news for the London-area economy after a Statistics Canada report issued Wednesday showed a boom in the value of building permits in June.

London-St.Thomas was among the nation's leaders, with a seasonally adjusted 58.6 per cent spike in the value of permits between May and June of this year.

In May, contractors took out \$84.4 million dollars worth of building permits,

compared to a healthy \$133.3 million issued in June.

The year-over-year hike is almost as impressive.

In June 2012, the value of building permits was \$111.9 million, while in June 2013, that number increased by 19.1 per cent to \$133.3 million.

The bulk of the increase in June was mostly due to multi-family dwellings, such as apartments and row houses, said StatsCan analyst Jason

Andrew. "The multi-families were really at the heart of this," he said.

"Looking at June-over-June numbers, the main gains are also in residential, but there were gains in industrial and those are mostly coming from warehouse and storage and utility buildings."

It wasn't all good news, as the number of permits for single-family homes dropped slightly in June, Andrew said.

SCOTT TAYLOR/METRO

Sign of health

- Healthy figures when it comes to the number and value of building permits issued are considered a sign of a strengthening economy because developers generally don't take on new projects when prospects are poor.

Autopsy report. N.B. brothers killed by python died of asphyxiation

The two boys killed by an African rock python in Campbellton, N.B., died from asphyxiation, say preliminary results of autopsies released by the RCMP.

The Mounties said a pathologist came to that conclusion after completing the autopsies on four-year-old Noah Barthe and his six-year-old brother Connor.

"While we now have some preliminary information, investigators still have to wait for other test results to come back and for the final report," Sgt. Alain Tremblay said in a statement Wednesday.

"We recognize that this has touched the hearts of people across the world and that people want to know how this could have happened. Our investigators are



Noah and Connor Barthe

FACEBOOK/THE CANADIAN PRESS

looking at all aspects of this tragic incident, and that will take some time."

Tremblay said the necropsy on the snake shows that it was in overall good health but they are still waiting for a final report. **THE CANADIAN PRESS**

Sochi Olympics. IOC, Russia feeling pressure over anti-LGBT law

With the Sochi Olympics just six months away, U.S. President Barack Obama and Stephen Fry have increased attention on Russia over its new anti-gay law.

The law, which was signed by President Vladimir Putin in June, bans "propaganda of nontraditional sexual relations."

Obama cancelled a September meeting in the city with Putin in a rebuke over Russia's harbouring of NSA leaker Edward Snowden, having also said in an interview hours earlier that he had "no patience" with countries which discriminate against gay people.

Fry, the British author and

Quoted

"Putin cannot be seen to have the approval of the civilized world."

Author and actor Stephen Fry, in an open letter to U.K. Prime Minister David Cameron and IOC President Jacques Rogge.

actor, went further in an open letter to British Prime Minister David Cameron and IOC President Jacques Rogge, comparing Putin's "barbaric, fascist law" to persecution of Jewish people in Nazi Germany, and calling for "an absolute ban" of the Games.

THE ASSOCIATED PRESS

British Columbia

Illegal dental practice shut down; patients told to get tested

A man who allegedly practised dentistry illegally from a Burnaby bedroom has disappeared after authorities seized his equipment, including drills and syringes that were not sanitized.

Former patients of Tung Sheng Wu should get tested for hepatitis and HIV, the College of Dental

Surgeons of B.C. and the Fraser Health Authority announced Wednesday.

Authorities were alerted to Wu's practice after a woman complained about her treatment this year. The college hired an investigator, leading to the seizure of equipment on May 29.

Wu is not a registered dentist and may have re-used needles and contaminated materials. There was a "gross lack of basic hygiene in the premises," Dr. Michelle Murti said.

EMILY JACKSON/
METRO IN VANCOUVER



Ariel Castro's Cleveland nightmare house destroyed

The home where three women were held captive and raped for more than a decade is torn down in Cleveland, Ohio, on Wednesday. Authorities said they wanted to make sure the rubble isn't sold online as "murderabilia" — mementos from a murder scene. Ariel Castro, 53, was sentenced last week to life in prison plus 1,000 years after pleading guilty to 937 counts including aggravated murder, kidnapping, rape and assault.

MARVIN FONG/THE PLAIN DEALER/THE ASSOCIATED PRESS

MM&A Railway files for Chapter 11

Lac-Mégantic disaster.

Company chairman says bankruptcy protection filings in Canada, U.S. a 'direct result of the tragic derailment'



The Montreal, Maine & Atlantic Railway, whose train caused the deadly crash in Lac-Mégantic, Que., has filed for bankruptcy protection.

RYAN REMIOW/THE CANADIAN PRESS

The embattled railroad at the centre of the deadly Quebec train derailment has filed for bankruptcy protection.

The Montreal, Maine & Atlantic Railway says it filed for Chapter 11 bankruptcy protection Wednesday in the U.S.

It also said its sister company in Canada — Montreal, Maine & Atlantic Canada Co. — simultaneously filed a petition in Quebec Superior Court in Montreal seeking relief under the Companies' Creditors Arrangement Act, a step that would protect it from creditors.

"It has become apparent that the obligations of both companies now exceed the

value of their assets, including prospective insurance recoveries, as a direct result of the tragic derailment at Lac-Mégantic," Ed Burkhardt, chairman of both companies, said.

"A process under Chapter 11 and the CCAA is the best way to ensure fairness of treatment to all in these tragic circumstances."

Burkhardt had said a bankruptcy filing was likely because of service disruptions on its rail line that crosses through Lac-Mégantic, where the downtown core was wiped out by the fiery crash and subsequent explosions that killed 47 people on July 6.

The company also faces lawsuits and enormous cleanup costs following the

Quoted

"We are joined in sorrow, a sorrow that will remain a part of me for the rest of my life."

Ed Burkhardt, chairman of the Montreal, Maine & Atlantic Railway

disaster.

The town and the Quebec government have sent legal notices to the Maine-based railway, demanding that it reimburse Lac-Mégantic nearly \$8 million in environmental mop-up costs.

"MMA wishes to continue to work with the Quebec Ministry of the Environment, the municipality of Lac-Mégantic, and other government authorities in the continuing environmental remediation and cleanup as long as is necessary, and will do everything within its capacity to achieve completion of such goal," Burkhardt said.

THE ASSOCIATED PRESS

Apps don't help babies learn, group contends

Washington. Advocates ask U.S. regulators to examine claims made about educational value of mobile games for very young children

Smartphones don't make smart babies, an advocacy group declared Wednesday in a complaint to the U.S. government about mobile apps that claim to help babies learn.

The Campaign for a Commercial-Free Childhood, whose allegations against Baby Einstein videos eventually led to nationwide consumer refunds, is urging federal regulators to examine the marketing practices of Fisher-Price's Laugh & Learn mobile apps and Open Solutions' games, such as Baby Hear and Read and Baby First Puzzle.

The Boston-based group says developers are trying to dupe parents into thinking apps are more educational than entertaining.

It's the campaign's first complaint to the Federal Trade Commission against the mobile app industry as part of its broader push to hold businesses accountable for marketing claims about their technology to very young children and their parents.

"Everything we know about brain research and child development points away from using screens to educate babies," said Susan Linn, the group's director. "The research shows that machines and screen media are a really ineffective way of teaching a

Quoted



"Everything we know about brain research and child development points

away from using screens to educate babies."

Susan Linn, research director, Campaign for a Commercial-Free Childhood

baby language. What babies need for healthy brain development is active play, hands-on creative play and face-to-face (interaction)."

The American Academy of Pediatrics discourages any electronic "screen time" for infants and toddlers under two, while older children should be limited to one to two hours a day. It cites one study that found infant videos can delay language development, and warns that no studies have documented a benefit of early viewing.

In a statement provided to The Associated Press, Open Solutions said it agrees that electronics are not a substitute for human interaction. But it noted the many positive reviews its apps have received by customers. "We also don't say 'get this game and let it teach your child everything,'" wrote the company, based in Bratislava, Slovakia.

Fisher-Price of East Aurora, N.Y., which The Associated Press contacted by phone and email, did not respond to questions.

THE ASSOCIATED PRESS



Hong Kong haul points to surge in poaching

Hong Kong customs officials have seized a shipment of 1,120 ivory tusks, 13 rhino horns and five leopard skins worth about \$5.5 million, according to Vincent Wong, customs' head of ports and maritime command. They were found in a container full of wood that originated in Nigeria, he said. Wildlife activists say China's growing presence in Africa is to blame for an unprecedented surge in poaching of elephants for their tusks, most of which are believed to be smuggled into China and Thailand to make ivory ornaments. Ivory can fetch up to \$2,000 per kilogram on the black market and more than \$50,000 for an entire tusk. No one has been arrested in the case. LAM YIK FEI/GETTY IMAGES

Free work. MLB should have paid volunteers, suit argues

A lawsuit filed in New York says Major League Baseball staffed a profitable 2013 All-Star FanFest last month almost entirely with more than 2,000 unpaid volunteers.

The federal lawsuit was filed Wednesday in Manhattan. It seeks unpaid wages and an order to stop the league from soliciting and accepting work from unpaid volunteers.

The lawsuit says recruiting volunteers violates federal and state minimum wage laws. Lawyers brought the lawsuit on behalf of a Queens



A young fan poses with gear he got at MLB's All-Star FanFest.

THE ASSOCIATED PRESS

man who volunteered for five days at the event.

THE ASSOCIATED PRESS

Insurance. Your car could spy on your driving habits

Cars are already connected with automated parallel parking and Internet-based entertainment, and now technology can track driving habits like hard braking that could affect a driver's insurance rates.

Known as usage-based insurance, a small wireless device is installed into a vehicle's diagnostic port and measures distance travelled annually, frequency of hard braking and acceleration, as well as time of day the vehicle is driven to determine savings on insurance.

Already in use in the

United States, United Kingdom and some parts of Europe, usage-based insurance was recently launched in Ontario and Quebec on a voluntary basis by Desjardins Insurance and its subsidiary, The Personal Insurance Company.

"We cannot use the data to cancel, not renew or increase the premiums, or use it for a claim," said Denis Cote, vice-president of marketing at Desjardins. "It's written in black and white on the conditions. The information is only accessible to the customer," he said. THE CANADIAN PRESS

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Air travel

Saudi airline starts direct flights to T.O.

Canadians heading for pilgrimage in Saudi Arabia will soon be able to fly directly to the kingdom, with the country's national airline Saudia starting service to Toronto this fall. The direct flights will be of special interest to thousands of Canadians who travel to the kingdom each year for hajj and umrah pilgrimages. THE CANADIAN PRESS

Personal finance

Few Canadians have emergency funds, poll finds


Fewer than 20 per cent of Canadians appear financially prepared to deal with an emergency, according to a poll done for the Bank of Montreal. In its annual Rainy Day survey, 17 per cent of respondents say they have less than \$1,000 in savings to draw upon in the event of an emergency. Another 20 per cent have up to \$5,000. THE CANADIAN PRESS


Television


CRTC to rule on designation for Sun News Network


Sun News Network finds out Thursday if it will get a coveted guaranteed spot on the television dial. The Quebecor-owned network is seeking mandatory carriage from the Canadian Radio-television and Telecommunications Commission, meaning cable and satellite providers would have to include the channel as part of basic TV packages. THE CANADIAN PRESS

Market Minute

 DOLLAR
95.94¢
(-0.44¢)

 TSX
12,412.73 (-56.59)

 OIL
\$104.37 US (-93¢)

 GOLD
\$1,285.30 US (+\$2.80)

Natural gas: \$3.24 US (-8¢)
Dow Jones: 15,470.67 (-48.07)

SCENE 2

It was all a Shakespearean dream

Play. Paradoxa Theatre Collective offers new *Midsummer Night's Dream*



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

The Paradoxa Theatre Collective is putting a new spin on Shakespeare's *A Midsummer Night's Dream*.

"The characters are the ones you know and love. All the dialogue is from the original script, cut and rearranged," says director Ryan Cole, co-founder of Paradoxa.

Called *Dream*, the show's running at The Arts Project (203 Dundas St.) through Aug. 17.

Both the original play and the re-interpretation centre around the story of four star-crossed lovers lost in an enchanted forest, their fates manipulated by meddling fairies.

But perhaps *Dream*, with its pointed questions about the



Eden Reshef, left, as *The Changeling*, and Waylon Skinner, as *Bottom*, prepare for the opening of *Dream* at The Arts Project. CONTRIBUTED BY AYALA RESHEF

Around town

- **Something sweet.** Sweet Magic London presents Montreal artists Eflin Saddle and Nick Keupfer on Thursday at 755 Dundas St. Rear B. The show starts at 9 p.m. Cover is \$5.
- **Go underground.** The London Indie Underground podcast is having a pay-by-donation fundraiser Saturday featuring Two Crown King, Messes & Miracles, The Baxters and more. The show goes down at 8 p.m. at 532 Adelaide St. N.

nature of love and monogamy, takes a less subtle approach to exploring the twisted forests of our sleeping subconscious and the creatures that lurk in all of us. "There is always a darker stream of things just beneath the surface when dealing with dreams and psychology. And as much as I have changed Shakespeare's work — I think it's very true to the ideas he was getting at," says Cole.

The Paradoxa Theatre Collective, made up of 20 members ranging in age from nine-

to 26-years-old, came up with the re-interpretation together through acting and writing exercises.

"It's a much different take on traditional theatre," says Cole. "We didn't have a set script. I never imposed a vision on anyone."

The youngest member of the cast — Eden Reshef — plays *The Changeling*, a child character mentioned in the original play as the root of a dispute between the fairy king and queen. *Dream* turns the child into a

central figure that guides the audience through the play.

"She is shy and curious. She went into the forest by herself and went into another world. And she wanted to do it, and she's not scared of creatures," says Reshef.

Cole knew the spirited and imaginative Reshef was the right one for the role as soon as she auditioned.

"I just like being silly in front of my family, and I love the stage and exploring my character," says Reshef, who

has played a large role in the creation and portrayal of *The Changeling* (a boy in Shakespeare's version).

Dream also adds new elements to its physical set up.

"We have placed the audience right in the middle of the stage. You are literally sitting inside a forest and watching the show happen all around you," Cole says. "It's going to be quite the immersive experience."

Visit artsproject.ca for a complete list of show times. Tickets are \$20.

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Mark Wahlberg

Wahlberg tells 'naughty' Bieber to clean up his act

Mark Wahlberg is no stranger to being a shirtless pop star with sagging pants, so he speaks with some authority when he gives advice to Justin Bieber — which is exactly what he did during an interview recently.

"Justin, are you listening? Don't be so naughty, yeah?" Wahlberg said in a faux-British accent. "Be a nice boy, pull your trousers up, make your mum proud, yeah? Stop smoking all that weed, you little bastard."



Sylvester Stallone ALL IMAGES GETTY

'Greedy and lazy' Willis expendable to Sly as star launches Twitter attack

Sylvester Stallone doesn't like to hold back when it comes to Twitter. He couldn't resist taking a shot at Bruce Willis after announcing the Die Hard star had bowed out of the upcoming Expendables 3 despite appearing in the first two films. Shortly

after announcing that Willis is out and Harrison Ford is in, Stallone posted a not-so-subtle, "Greedy and lazy. A sure formula for career failure." Stallone's reps confirmed to the Huffington Post that the words were meant as a reference to Willis.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Turns out Lindsay Khan really get on your nerves

Lindsay Lohan may be looking responsible and mature post-rehab, but while serving her 90-day stint at Cliffside Malibu she reportedly got under the skin of fellow patient Chaka Khan, according to Radar Online. "Lindsay just pushed all of her buttons to the point where she was aggravated and tired of Lindsay's s—," a source

who was receiving treatment at the same time says. "Lindsay was just doing stupid stuff for attention, so Chaka told her she was childish and told her to grow up. Chaka was so annoyed with Lindsay. It got so bad that she refused to get in the same car with her or go to the same meetings. So Cliffside had to change everything up schedule-wise so the two were never together." Not only that, but the soul singer even checked out of rehab early just to avoid Lohan: "Chaka told me she was leaving early because she couldn't stand Lindsay," the source says



Dustin Hoffman

Hoffman out of woods for now after cancer scare

Dustin Hoffman recently underwent treatment for cancer that doctors were able to find early enough to "surgically cure" him, his reps tell People magazine. "Dustin is feeling great and is in good health," his rep

says, though she did not specify what type of cancer Hoffman had developed. The actor will continue preventative treatment to reduce the risk of the cancer returning.



Twitter



@Sethrogen

People seem more interested in the news that Harrison Ford has been cast in a movie than they are the actual movies he's in.



@markduplass

We don't need more scripts where the lead character gets fired & gets dumped in the 1st 5 minutes to justify their ensuing zany antics.



@pattonoswalt

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Watch where you're going

It's about time. The world's about to mix style with smart

RICHARD PECKETT
Metro World News

The Dick Tracy-style voice command watches are here. Yes, it'll be okay to chat to your wrist in public, but hey, thanks to Bluetooth phones we can already hear street soliloquies, so it shouldn't be a big deal. The question is: are today's smartwatches techy enough for the mass market?

"Only 100 million smartwatches will be shipped by 2017, in comparison to 1.6 billion smartphones and 280 million tablets," predicts sen-

ior analyst Joshua Flood at market intelligence company ABI Research. However, current smartwatches are likely to have an appeal with so-called "iPhone fanatics," thanks to their email, text, social media (Facebook and Twitter) and phone message alerts.

In fact, the iPhone generation has provided a fashionable market opportunity for Sweden-based Mutewatch, a "retro and futuristic" timer as described by CEO Mai-Li Hammargren. To look at, it's incredibly '80s, with a touch of Knight Rider-style but the technology is suitably Noughties: it has no buttons, is activated with the flick of a wrist or a touch of the screen, and charged via USB (battery life three to four days).

Smartwatches are part of

a growing wearable technology trend, with head-mounted device Google Glass slated to hit stores in the U.S. at the end of this year and Europe in early 2014. However, whereas Mutewatch is something of a silent revolution that in Hammargren's words "handles digital lifestyle," companies such as i'm Watch, Martian and Pebble are hoping to get wearers wired up to social media, such as Twitter and Facebook, for a more immersive experience.

But why are technology giants entering into an always-risky new market? Flood explains, "A smartwatch that can sync with your smartphone is a great way for brands like Apple and Samsung to build on their foundation of tablets

and phones." He adds: "It's an ideal device from the component side too because they already have the necessary partners and contracts in place to produce a smartwatch — it's simple in terms of ecosystem and software."



What's on the market?



The classic watchmakers

Casio G-Shock GB-6900AA links to iPhone 4s and 5. The device notifies the wearer of calls and emails and has a "phone finder" function.
\$180, casio.com

The classic watchmakers

Citizen Eco-Drive Proximity AT7030-05E syncs with an iPhone 4S or 5. The watch vibrates with calls, emails and events on download of a free proximity app.
\$495, citizenwatch.com



Technology drivers

Martian G2G offers iOS and Android compatibility. The timepiece has inbuilt voice command via Siri or Google Voice for smartphones and includes social media updates and posting. \$249, martianwatches.com

The technology drivers

i'm Watch can receive calls, emails and even manage events and appointments, with the added bonus of enabling the user to download and listen to music. \$299, imsmart.com



News. Apple eyes the style experts



The ties between fashion and technology are drawing tighter as Apple appoints YSL Group's former chief executive Paul Deneve. "He'll (Deneve) be working on special projects as a vice-president reporting directly to (CEO) Tim Cook," announced Apple.

Deneve is the latest recruit from the fashion world to join the Californian-based company, with J.Crew's CEO and chairman Mickey Drexler on Apple's board, while Cook is a director at Nike Inc.

RICHARD PECKETT

One-minute miracle

Moroccan Body Buff, \$42, moroccanoil.com

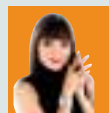
"This scrub exfoliates, hydrates and conditions thanks to a mixture of orange peel, almond, safflower, sesame, avocado and grape seed oils and vitamin E—and of course the signature

Moroccan ingredient, argan oil.
Ashley Kowalewski, The Kit.ca



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Savouring the beauty of a #NovaScotia beach. Sublime weather!!!



What a way to move around! Running errands in Chester... in style. Thanks to my pal Tim Moore...)

The Kit

Canadian street style

Spotted in: Toronto

Emma
Marketing Director
Age: 27

What she's wearing

Ripe floral dress from Winners, Steve Madden sandals, Anon sunglasses, vintage necklace.

Her inspiration

"I get inspiration from other people's style, street

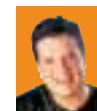


style! And from my friends. I also check out fashion blogs like High Snobiety and Bloomberg Weekly."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

Add fashion to your floors

With fall only a few weeks away it's time to think about warming up your feet — while adding style to your rooms, of course. Let's take a walk through the house and see what rug style the e-tailers are offering up this fall.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Bedroom

No need for a large rug to go under the bed; measure the remaining floor space after the bed is in place, then choose a rug size to cover the remaining floor. Add some old world charm to your hardwood with a farmhouse style poly/cotton braided rag rug.

Pandoro Dusty Shale Oval, five by eight inches, \$230, homesav.com



Living room

If you have solid-coloured, plain-patterned living room furnishings then choose a rug that has pattern. Remember that the front feet of all furnishings must be sitting on the rug; if they are not then the rug is too small for the space. Large-scale gingham pattern uses all the trendy colours.

Stockholm Checkered Reversible Wool Rug eight by 11.5 inches, ikea.ca



Dining room

Since the table and chairs will sit in the centre of the rug; keep the edges lively with colour rather than the centre. Rule of thumb is that border-designed rugs work better in dining rooms. Surround the table and chairs with an artful border that is reminiscent of an Art Nouveau landscape painting.

Mohawk's Stain-resistant nylon Strata Valence eight by 10 inches, \$300, homedepot.ca



Kitchen

Standing and cooking for long periods of time is made bearable with a rug filled with non-toxic gel.

Wicker textured Oyster Grey Gel filled mat, 20 by 48 inches, \$160, gelpro.com



Foyer

Keep the look of a foyer rug "busy" or worn to help hide high-traffic wear, and use colour as a decor statement to compliment what you have throughout the house. Vintage over-dyed rugs are saturated with colour for old-world style with a contemporary vibe.

Three-by-nine Colour Transitions Vintage Wool Sumak Rug, \$380, ecarpetgallery.com



Bathroom

I like themed bath mats; that way I don't confuse them for a towel! This cozy cotton lamb lies patiently for your wet feet.

Small Sheep Bath Mat, two by three inches, \$20, simons.ca



Outdoors

Wake up the great outdoors with crisp blue and white underfoot. Also great to use in play and sunrooms indoors.

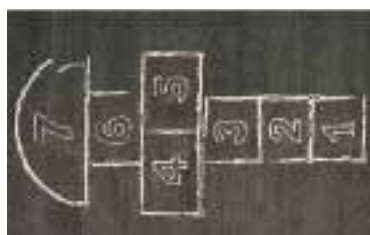
Fab Habitat Athens Outdoor Rug, six by nine inches, \$215, amazon.ca



Kids

Durable enough to play on yet comfortable enough for nap time on the floor. Could be fun in the foyer too. Cement-coloured fun mimics chalk on the road.

Hopscotch Rug, four by six inches Wool, \$230, cb2.com



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Rubber ducky, you're the one, now let's make showering fun

DIY ideas. Add a splash of colour and a touch of texture by installing a mosaic tile shower wall in your bathroom

Mosaic tiles offer endless possibilities for a variety of colour and pattern combinations, and can drastically transform a drab area into a more vibrant space.

Step 1: Prepare walls for tiling

Before you begin tiling, first strip off any flexible coverings such as wallpaper, scrape away loose paint, knock the sheen off glossy finishes with a light sander, and patch any holes or cracks in the drywall using spackling compound.

Make sure the installa-

tion surface is clean, dry and structurally sound. Then use two by fours and a backer board to frame the wall and prepare it for tiling.

Step 2: Set tiles

Each sheet of tile will be numbered and there will be a pattern specifying where to lay each one.

First, seal the walls using a V-notched trowel to spread thin-set adhesive on the wall surface.

Press the tiles down firmly to set and continue this process following the order of each numbered sheet.

Step 3: Remove plastic covering

Peel and stick tiles are the most popular and cost-effective product.

The plastic covering can be removed by simply peeling off the top of the tile once it's set in place.

Step 4: Apply grout

Applying grout is a vital part of the bathroom tiling process and should not be overlooked. Once the tile is dry, apply a non-sanded grout over the entire wall in upward motions. Make sure to work the grout into the grout lines between the tiles.

Wipe off the excess with a wet sponge and then allow 24 hours to dry. Once dry, seal the grout using a brush to apply a high quality tile sealant to the grout lines. Allow the sealant to dry completely, then apply one to two more coats. This will keep water from penetrating the grout and tiles, which could cause them to break loose. This will also prevent any mold or mildew from developing.

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THINK NEIGHBOURHOOD FIRST

WHEN PURCHASING THAT NEXT ITEM ON YOUR LIST

No two neighbourhoods in Canada are exactly alike. The identities and qualities that draw us to a neighbourhood are based on its residents, its common spaces and, more often than not, the small businesses with which they populate.

There are more than one million small businesses across the country and their role in shaping the identities and atmospheres of our communities is a crucial one. Their prosperity has implications on employment creation, on dollars kept close to home, on support for local causes or initiatives, and on a neighbourhood's ability to continue to attract commercial and residential investment.

Technology has changed how we as shoppers locate information and has consequently increased competition levels for small businesses. From a consumer standpoint, it has made the world a smaller place, with a purchase as easily made across an ocean as across the street.

Yet, often overlooked in favour of pricing and convenience is our individual ability to directly influence the growth of



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the areas where we live, work and play through our choices in where we spend our hard-earned dollars.

Among the effects of shopping at local businesses:

- Local businesses create jobs: Small businesses are the largest group of employers in Canada. The more local jobs that are created, the more the neighbourhood grows.
- Better relationships: One of the main attributes of local businesses is their often exceptional customer service. Customer relationships where a business owner

knows you by name and knows your likes and dislikes still exist in local enterprises, making your shopping experience a memorable one.

- Decision-making power stays local: Local ownership means that business operation and activities that may affect the community are made locally.
- Local businesses keep dollars close to home: Dollars spent within the neighbourhood directly benefit the local economy and tend to be reinvested within the community in the form of local employment or the contracting of locally-based

supplies and services.

As residents and consumers, we all play a role in the survival of Canada's small businesses. A single purchase at a local retailer or service provider helps preserve the aspects of our neighbourhoods, which make them unique. A simple sale that might be a drop in the bucket for a large retailer can often help a small business stay open and continue to grow.

So when buying that next item on your list, put your neighbourhood first.

— François Ramsay, senior vice-president with Yellow Pages Group

HELPING CLIENTS LIVE A HIGHER QUALITY OF LIFE

Natural Smiles, Sight and Sound has recently expanded, introducing new services to Londoners.

This expanded suite of services, which now includes denture fitting, dental hygiene, optical care (including eye glasses and contact lens fittings), and ear care (such as hearing aids), help its clients live a higher quality of life.

"While most of our services are by appointment, we do accommodate walk-ins and emergencies as well," says Daniel

Carraro, dentist and the owner of the business.

"And we have our own denture lab, meaning we can fabricate and repair dentures on-site. Our clients appreciate that."

Carraro and his team don't do all their work in the clinic. Once or twice a year, they visit long-term care facilities in the area, where they educate residents and nursing staff in basic hygiene and denture care, and discuss the advantages

of dental implants.

The clinic is looking to integrate its optical and audiology programs into these educational services as well.

The staff at Natural Smiles not only gives its patients excellent care, it also remembers to give back to the community in which it lives, sponsoring children's sports, such as local soccer teams and the London Junior Knights.

Make a local purchase today and support local business owners like Daniel Carraro.



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COVENT GARDEN FARMERS' MARKET

On Thursdays and Saturdays from May to December, London welcomes local farmers and their wares at the Covent Garden Farmers' Market on King Street at Talbot.

And at the heart of the farmers' market is manager Christine Scheer. "My husband is an organic farmer so we've been part of the market since the outdoor market started in 2000."

The market is lush with an abundance of vegetables and fruits, many different kinds of cheese, meat, fish, preserves, flowers, baked goods and soaps.

"Our market is 100 per cent producer-based, which means that everyone there has either baked, grown, made or raised their products. Local farmer vendors come no matter what the weather, and so do the people."

As manager, Scheer organizes sampling opportunities, recipe preparation using farm-fresh ingredients, canning ses-



ISTOCKPHOTO/THINKSTOCK

sions, barbecues and many other events that celebrate local food. The market comes alive with live music, a children's story time in partnership with London

Public Library and more. They also put out a calendar each November that includes recipes that use local products.

"We have a little something for

everyone. We want the experience to be full for people. You'll find food that you may not find in your local grocery store, and you'll be able to talk to the farmer who produced it about how it's grown or raised."

London has embraced the market. "We get fabulous support from the community and the market has grown tremendously. Our customers are there for the delicious local product and for the entire experience. It's a unique and vibrant atmosphere."

The community supports the farmers' market and the market gives back.

"The food bank has a booth here every Saturday so customers and farmers themselves can drop off food or give cash donations, and, in turn, they use the cash to shop the market. It's a beautiful circle that helps everyone."

"Over the years, so many customers have approached us to say thank you for this amazing market and thank you for being a farmer. It makes you feel appreciated at the end of the day. We invite everyone to come out and shop, take your time and enjoy."

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**MY NEIGHBOURHOOD
FIRST**



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ENJOY AMAZING EDIBLES AT OUT N BACK VISIT NEW LOCATION

Colleen Anello has spent 38 years in the food industry and there is no doubt she has a talent and passion for good food.

"I started at McDonald's, then waitressing, and finally opened a restaurant. For the past 18 years I've run a small café that serves lunch, a frozen food line and a catering business."

In her new Out N Back location at the

southwest corner of Wharncliffe Road South and Ferndale, Anello prepares daily specials that she makes from scratch, using fresh ingredients without preservatives and low in sodium.

"Our customers go online to see what we're cooking every day. We provide great meals for people of all ages including commuters, seniors and veterans, with good nutritional value. People contact us from all over to order meals for their relatives and friends who live in the local

London area."

Anello also caters weddings, private functions and corporate events, and provides food for charitable functions wherever she can.

"I go the extra mile to make sure our food is delicious without it being too expensive," she says. "I was born and raised in London, so I have customers I've cooked for for years and we're always welcoming new ones. Our kitchen is open, so please drop by and say hello."

THE CLEAR CHOICE FOR GLASS IN LONDON PROVINCIAL GLASS

Provincial Glass & Mirror has been successfully servicing the London area for almost 30 years, and vice president/co-owner Brett Lucier believes one of the keys to its success is that it treats its customers and staff like family.

"We have loyal customers, many who have been with us for 25-plus years. We take pride in the fact that when custom-

ers contact us, it's like we're sending a family member to do the work on their home or business."

Lucier himself has been part of the Provincial Glass & Mirror family since 2001. Born and raised in London and a graduate of Fanshawe College, he started with the company straight out of school.

"I started as a junior estimator, and worked my way up. These days, I run the day-to-day operations."

Provincial provides superior glass

and mirror installation and service for residential and commercial clients in the London area, installing anything from vinyl windows and shower enclosures, to mirrored walls and store front windows. It offers 24-hour emergency service, fixing broken glass.

"We are also proud of our connection to the community, and we're pleased to support local events and teams, including the London Knights and various local children's sports teams."



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Formerly part of Union Gas, Reliance Home Comfort supplies water heaters, heating, venting and air conditioning to more than 100,000 homes in London, making it the largest supplier in the area.

The reason it is No. 1?
“It’s the service we offer,” says regional sales manager Andrew Joiner. “We stand behind the promises we make to our customers and we offer same-day service. For us, it’s not just about installing a piece of equipment and walking away. We want to create a long-standing partnership and to continue servicing the products we sell long term. Our goal is to have customers view us as the destination of choice when it comes to their HVAC and water heater needs.”
But this commitment to service isn’t the only thing that sets Reliance apart



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from the competition. In 2002, it introduced a rental program offering customers the opportunity to lease equipment — including furnaces and air conditioners — for a low monthly payment.
“We provide an all-inclusive service to deal with preventative maintenance, repair work and equipment as part of the

monthly fee,” Joiner says. “It’s worry free because it takes the worry out of budgeting for expensive repairs and replacements. If anything happens, just call us and we’ll have someone out there quickly. The monthly fee even covers initial installation.”
“We’re the only company located in London that offers this type of rental program with this level of service. We can compete with this because of our longevity and our size.”
Reliance is committed to the community in more ways than one.
“We’ve recently participated in the MS cycle from Grand Bend to London, the MS walk, Bark in the Park to raise money for the London Humane Society and Fiesta London. In addition, we sponsor a number of youth sports teams. And we just gave away four furnaces as part of a local radio station promotion,” Joiner says.
“This community is important to us and, for us, it’s about giving back because we’re so thankful for all the opportunities this community has given us.”

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LONDON'S CORNER DRUGSTORE

TURNER DRUG STORE

Jeffrey Robb, pharmacist/owner of Turner Drug Store, is proud of his business' strong roots in the London community.

"We've just celebrated our 75th anniversary. My dad started here in the early 1950s. I joined in 1974 as a clerk, and I just got into it. There was no expectation or pressure from my dad and I took over the business in 1987."

In the heart of Old South, Turner Drugs services a dynamic and vital community of young families, seniors and everything in between.

"We call ourselves London's corner drugstore because we've tried to retain the essence of an old-time business, delivering customer service from another era."

That includes strong ties to the community. "I'm part of the local business



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association, we sponsor an academic award in my dad's name and community events."

A unique focus of Turner Drugs is "complementary therapies," which include homeopathic and vitamin therapies.

"It's made us a destination, not just a convenience. We have product knowledge that you can't find in most pharmacies."

Many of the store's customers have been coming for more than 50 years.

"This year, we lost a customer who was actually here on opening day 75 years ago. His wife still comes in."

You can't beat history like that.

SHERWOOD TRAVEL, THE PERFECT TRAVEL PARTNER

Sherwood Travel Travelplus has been around now for more than 30 years and for more than half that time, manager/owner Jennifer Snitch has been a proud member of the team.

"I've lived in London all my life, and I came to work here right out of college. I love what I do and so I jumped at the chance to buy the business six years ago."

What makes Sherwood Travel Travelplus a continued success?

"We're part of Transat Distribution Canada, Canada's largest and most trusted travel group. We offer Air Miles with our packages. We've always been privately owned and we pride ourselves on a local focus. And we have a loyal customer base."

Located in northwest London in the Sherwood Forest Mall, Sherwood Travel Travelplus specializes in leisure travel, destination weddings and cruising, along with some corporate business.

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Snitch says. "People put their trust in us and it's resulted in lots of people recommending us to others."

And the community commitment doesn't stop there.

"We sponsor a number of local charities, like K9resQ, a local pet adoption service. We also support a local church that raises funds for a school in Nicaragua."

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BUILDING NEW RELATIONSHIPS

PANDORA NOW OPEN IN WHITE OAKS MALL

Jay Lee was a busy dentist practising in New York City just 18 months ago. Now he is a franchise owner of the new Pandora store that opened this spring in White Oaks Mall. What prompted this sudden change in his professional and personal life that landed him in London?

"My parents were selling Pandora in Toronto and overwhelmed by the store traffic and volume," Lee says. "They asked me to come home and join the family business. Since then, we've opened a second location in Toronto and, in May, we opened in London. We chose London because it's such a dynamic market and we were excited about an opportunity to be in White Oaks, which is an iconic mall in this city and known to be the busiest shopping centre. Londoners

know about the Pandora brand. Now we want them to know we're here at White Oaks."

The city has already embraced the new Pandora store, which touts itself as affordable luxury in jewelry. The customized bracelets and charms Pandora is famous for are the store's mainstay, but the line, which is primarily sterling silver, has expanded to include rings, necklaces, earrings, watches and other jewelry.

"The collection allows for an opportunity to design a piece that suits your own personal style, and it also presents great opportunities for gift giving."

So it's not surprising that the store is already becoming a local favourite in London.

"We're looking forward to making our



CONTRIBUTED

mark in the London community," Lee says. "I'm in the store a lot and I look forward to meeting everyone in London."

Lee also has nine enthusiastic and knowledgeable staff members who put customer service first and strive to provide a top-notch shopping experience.

"We already have some regular customers, and we even had a customer send us flowers because she was happy with

our service. We're building relationships with our customers and we're looking forward to more."

Lee wants everyone to know Pandora in White Oaks offers free professional cleaning while you wait for your Pandora products, whether they have been purchased at this location or not.

"We look forward to welcoming you to our new London location."

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AM ROOFING LTD.

Spending money on your roof may not be exciting, but a roof is your first line of defence against water, snow and harmful ultraviolet rays from the sun. Your roof is a big investment — however, it's one of the most important elements of your house.

Since a roof is a house feature only purchased about every 15 years, homeowners generally don't give much thought to who they hire to replace it until something goes wrong.

That's why it's important to select a roofing company with an excellent track record to provide you with peace of mind.

AM Roofing Ltd. has been repairing and replacing roofs since 1956 and is cedar, slate and flat-roof specialists. The company has provided superior customer satisfaction by delivering what it promises to homeowners in London and other communities across southwestern Ontario.

Roger and Melanie Haviland are third-generation owners. Roger's grandfather founded the company, passed it along to



CONTRIBUTED

Roger's father and the company currently has more than 100 employees. The team has a combined roofing experience of more than 1,000 years.

The company not only specializes in roofs, but also in eaves, fascia and soffit, as well as blown-in insulation. To improve

your home's energy efficiency, it's an excellent idea to add insulation when replacing or repairing your roof.

AM Roofing London is a member of both the Better Business Bureau and London Home Builders' Association. The company is fully insured and has

many excellent references featured on HomeStars.com. AM Roofing Ltd. is a proud supporter of the Children's Health Foundation.

The London office of AM Roofing Ltd. is located at 207C Exeter Rd. and managed by Andrew Mischuk.



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Pop goes the ice – in your mouth

Andrew Chase was one of the most popular guys in his neighbourhood last year while developing recipes for his cookbook, 200 Best Ice Pop Recipes.

Creating the recipes for the book turned out to be a lot of fun, said the food writer and former chef. “It exploded. I realized how much fun it is and how many different things you can do with all the fruit and all the coffee and the tea and the chocolate and the cocktails.”

These Fudge Ice Pops, for example, are rich and chocolate-fudgy — and definitely a step up from the commercial treat. But they still retain the youthful spirit of a fun indulgence.

Ingredients

- 550 ml (2 1/4 cups) milk
- 15 ml (1 tbsp) tapioca flour
- 125 ml (1/2 cup) unsweetened cocoa powder
- 60 g (2 oz) semisweet chocolate, chopped
- 175 ml (3/4 cup) sweetened condensed milk
- 3 ml (3/4 tsp) vanilla extract

Tomorrow's Paper

Need a fresh way to chill out this summer? We got you covered with easy ideas for delicious do-it-yourself ice cream flurries.

Tapioca flour is often called tapioca starch. They are identical products.

1. In a saucepan, whisk milk and tapioca flour, then whisk in cocoa. Whisking constantly, bring to boil; reduce heat and simmer, stirring often, for 5 minutes. Remove from heat and whisk in chocolate until melted, incorporated and smooth. Stir in condensed milk and vanilla. Set aside to cool.

2. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours. If you are using an ice pop kit, follow manufacturer's instructions. **RECIPES ON THIS PAGE: 200 BEST ICE POP RECIPES BY ANDREW CHASE (ROBERT ROSE INC., ROBERTROSE.CA, 2013)/ THE CANADIAN PRESS**

Fudge Ice Pops



This recipe makes about 750 ml (3 cups), nine to 12 ice pops. THE CANADIAN PRESS H/O

Cookbook of the Week

Cool it right down



One of the easiest frozen treats you can make at home is an ice pop and Andrew Chase's 200 Best Ice Pop Recipes allows you to expand your repertoire.

All recipes eliminate artificial flavourings and colourings and are actually full of healthy ingredients. But these aren't just your typical ice pops because included are flavours from Mexico, Asia and the Caribbean. Among the ice pops in the book are Citrus Fruit, Asian Ice Pops, Coffee and Tea, Adult Pops (with alcohol) and more. **METRO**

That's amore! Italian meringue makes appearance in treat



This recipe makes about eight to 10 ice pops. THE CANADIAN PRESS H/O

Italian meringue is a cooked meringue with a thick, silky texture. It is often used as a base for European-style sorbets, but here it is used in sweet and smooth ice pops.

You can replace the frozen raspberries with 625 ml (2 1/2 cups) fresh berries. Place in a saucepan over medium heat with 30 ml (2 tbsp) water and 15 ml (1 tbsp) granulated sugar. Cook until berries are soft, 3 to 5 minutes. Set aside to cool.

1. In a large bowl, using electric mixer at high speed, beat egg whites and cream of tartar until stiff but not dry. Set aside.

2. In a small saucepan over high heat, cook sugar and water until it reaches the large-ball (hard-ball) stage:

Ingredients

- 2 egg whites
- Pinch cream of tartar
- 150 ml (2/3 cup) granulated sugar
- 50 ml (1/4 cup) water
- 500 ml (2 cups) thawed frozen raspberries

121 to 124 C (250 to 255 F) on a candy thermometer or when it forms a hard ball when a little is dropped from a spoon into cold water. Beat constantly, pour syrup in a thin stream into reserved egg whites. Beat at low speed until meringue is cool, 2 to 3 minutes. Set aside.

3. Place sieve over a large measuring cup and strain raspberries, pressing down and scraping solids with a rubber spatula to extract as much pulp and juice as possible. Discard solids. Fold in meringue until thoroughly combined.

4. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours. If you are using an ice pop kit, follow manufacturer's instructions.

Snack. Margarita Ice Pops

When cocktail hour rolls around, serve frozen Margarita Ice Pops.

1. In saucepan, combine water, sugar, lime zest and salt. Bring to a boil, reduce heat and simmer for 2 minutes. Pour into a measuring cup and set aside to cool. Discard lime zest. Stir in lime juice, tequila and liqueur.

2. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours or preferably overnight. If you are using an ice pop kit, follow manufacturer's instructions.

Ingredients

- 325 ml (1 1/3 cups) water
- 50 ml (1/4 cup) granulated sugar
- 2 strips (each 1 by 5 cm/1/2 by 2 inches) lime zest
- Pinch salt
- 150 ml (2/3 cup) freshly squeezed lime juice
- 45 ml (3 tbsp) gold or white tequila
- 22 ml (1 1/2 tbsp) orange liqueur (such as Cointreau)

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Seattle's Humberto Quintero watches the path of his two-run homer with Toronto catcher DeMarlo Hale on Wednesday. ELAINE THOMPSON/THE ASSOCIATED PRESS

Streaky Jays watch another lead slip away

MLB. Return of pitcher J.A. Happ runs smoothly until fifth-inning comeback

Humberto Quintero's two-run homer highlighted a six-run fifth inning, and the Seattle Mariners rallied for a 9-7 victory over Toronto on Wednesday to spoil the return of Blue Jays left-hander J.A. Happ.

Happ made his first start since May 7, when he suffered

On Wednesday

9

Mariners

7

Blue Jays

a skull fracture and a sprained right knee after being struck behind the left ear by a line drive from Tampa Bay's Desmond Jennings.

Presented with a 7-2 lead by the third inning, Happ couldn't

deny the fifth-inning rally, leaving with the bases loaded and no outs.

Brandon Maurer (3-7), who allowed eight baserunners and no runs in 3 1/3 innings, earned the win.

Happ's day ended when he walked Michael Morse. He was charged with seven runs and seven hits, walking two and striking out three in his 99-pitch outing.

Aaron Loup (4-4) took over and allowed one run on Michael Saunders' forceout, two on Justin Smoak's double and two on Quintero's home run

over the left-field wall, his second. He also had an RBI in the fourth.

Danny Farquhar worked an inning for his third save in five chances.

Edwin Encarnacion and Adam Lind hit back-to-back home runs for the Jays in the third, their 30th and 14th, respectively. It is Encarnacion's second straight 30-homer season.

Aaron Harang went just two-plus innings, allowing seven runs and five hits. He walked three and all scored.

THE ASSOCIATED PRESS

Ivan Hlinka Memorial

Canada squeezes into semifinals with win vs. Swiss

Spencer Watson and Brayden Point scored shootout goals as Canada nipped Switzerland 4-3 on Wednesday to claim a semifinal berth at the Ivan Hlinka Memorial under-18 men's hockey tournament.

Canada was first in the Group A standings despite finishing tied with the Swiss and Czech Republic, which beat Sweden 5-2 also Wednesday, with five points apiece. The Canadians beat the Czechs and Switzerland during the preliminary round.

The Czech Republic, which earned a 4-3 shootout win over Switzerland during the preliminary round, took second spot.

THE CANADIAN PRESS

Men's Rogers Cup

Pospisil downs Stepanek to reach 3rd round

Andy Murray and Rafael Nadal made successful returns to the court while Vasek Pospisil kept on a roll Wednesday at the \$3.49-million US men's Rogers Cup.

Murray, in his first action since his victory at Wimbledon in June, defeated Marcel Granollers 6-4, 7-6 (2) on centre court.

Pospisil, a Vancouver resident, posted a 6-2, 6-4 second-round victory over Czech Radek Stepanek.

Two-time Rogers Cup champion Nadal made short work of Ottawa's Jesse Levine.

THE CANADIAN PRESS

Building Western's new fields of dreams



Kevin Anderson examines the new artificial sports surface Wednesday at Western University. MIKE DONACHIE/METRO

The grass is always greener on the synthetic side. Or so it appears.

Western University is less than a month away from opening two multi-purpose synthetic sports fields, just south of TD Waterhouse Stadium. The fields will be used for varsity men's and women's soccer, rugby and field lacrosse teams. Field hockey will remain in TD Waterhouse Stadium, with the many field hockey markings already in place.

The surface of choice is a product called Edel Grass, and

the company providing the product is based in the Netherlands. This will be its first installation in North America.

The final cost will be close to \$4 million, including lights. Western officials, including the student council, which is helping with the finances, could not be happier.

Earlier versions of artificial surfaces have not been well received, including the AstroTurf that was in place for the opening of TD Waterhouse Stadium. It has since been replaced. The stadium opened in 2000 and

was used for the 2001 Canada Games.

Frank Earle, Western manager of athletics facilities, led a four-person team that travelled to Dublin and Edinburgh to meet with Edel Grass representatives. While there, they also met with international rugby officials who, along with FIFA, have approved the product for use in games.

Thérèse Quigley, Western's director of sports and recreation services, said the latest versions of artificial surfaces are more common in Europe. Ac-

cording to her, there are 1,000 turf fields in Berlin alone.

"That's more than all of Canada," she said.

One of the two fields will have a rubber e-layer, allowing it to become the main field for rugby. The two new fields will replace TD Waterhouse as well as the fields across from the former J.W. Little Stadium site.

The only holdup in the process has been poor weather.

"Nobody would have predicted this amount of rain in July," Earle said.

DAVE LANGFORD/METRO

Horoscopes

Aries

March 21 - April 20

Astound people with your knowledge. Tell them how the world works. You may have no idea what you're saying but you speak with such conviction that few disbelieve you.

Taurus

April 21 - May 21

You may be tempted to reveal a secret today but think carefully before you do. If you are going to divulge something that might be shocking, make sure you choose the right place and the right moment.

Gemini

May 22 - June 21

Whatever experts may tell you today, your intuition will tell you something different. It is your intuition you must listen to. It may put you at odds with the majority but that's good.

Cancer

June 22 - July 23

Someone needs help but is too embarrassed to ask for it. You know what the problem is and you know how to fix it, so do what you can to improve their situation. They'll love you for it.

Leo

July 24 - Aug. 23

You'll do something out of the ordinary today just to see how others react. Make sure you leave a bit of space between you as they may respond in ways you had not considered, which could be painful.

Virgo

Aug. 24 - Sept. 23

The secret to life is to not take it too seriously. That is the message of the stars for you today. Be ambitious, but don't make material success central to your existence. It's how you love that counts.

Libra

Sept. 24 - Oct. 23

Friends and loved ones are likely to annoy you today, simply because they cannot make up their minds about anything. If you complain, they will find it amusing. After all, it's usually you who is indecisive.

Scorpio

Oct. 24 - Nov. 22

The sooner you start on a project, the sooner it will be finished. So, stop making excuses and get on with it. Even if you take only one step forward today at least you are moving in the right direction.

Sagittarius

Nov. 23 - Dec. 21

Ideas will come to you out of the blue and with remarkable clarity today, and at least one of them has the potential to transform your life. It's not just about ideas. You've got to act.

Capricorn

Dec. 22 - Jan. 20

Act on the assumption that whatever you are told today is only half the story. It's unlikely that anyone is lying deliberately but chances are they don't know the full story, so how can they reliably inform you?

Aquarius

Jan. 21 - Feb. 19

Don't waste time on trivial things, or trivial people. Think about what is really important, and think about how you can make the world a better place.

Pisces

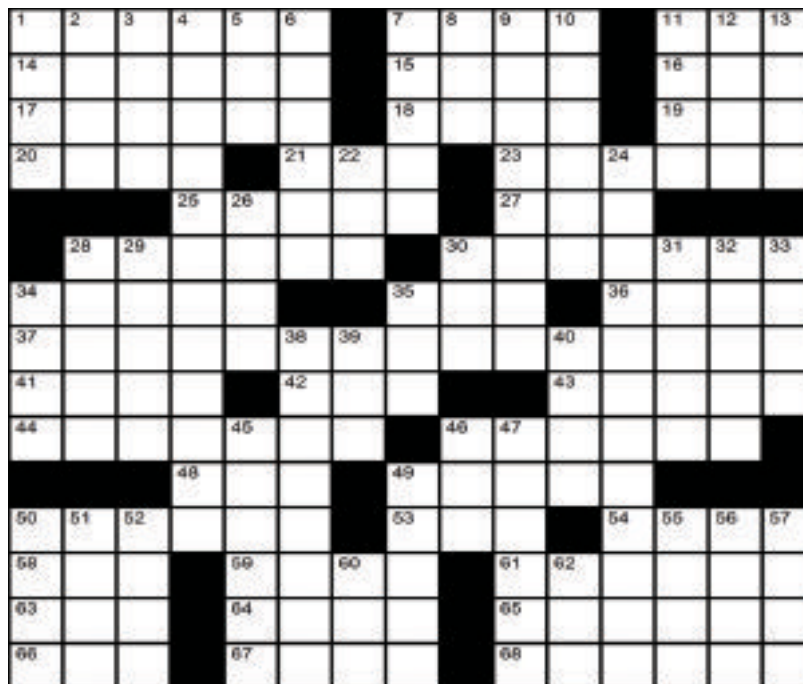
Feb. 20 - March 20

You are entitled to your opinions and to express them. Don't let anyone silence you today. The more they try, the more likely it is your opinions are hitting the right spot. Keep hitting it. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Type of computer printer
- French film
- Blue Rodeo hit
- One of Montreal's Concordia University's campuses
- Dupery
- Pronoun
- Basketball great, ___ Abdul-Jabbar
- Commedia dell'___
- Standard
- Single-horse carriage
- Celeb photographer
- Bring'tin from beyond
- Picture files on PCs
- ___-locka, Florida
- Rock: French
- Horns of nature
- "___ bleu!" (Golly!)
- Camel hair garment
- H.G. Wells people
- Period of social change in Quebec in the 1960s: 2 wds.
- Falsehood
- That, in Tijuana
- Tend the fire
- This evening
- Baseball team: acr. + wd.



- Ginger drink
- Picnic blanket's one-of-some
- Vancouver-born actor Mr. Jackson
- 'Motor' suffix
- Yep's opposite
- Commonly, in verse
- Snare
- Reached home plate, this way: 2 wds.

- Charlemagne's li'l domain
- 'Conval' suffix (Recuperate)
- Nature/beach/recreation spot on Vancouver Island
- '60/'70s war zone, informally
- Want
- Cold ___ (Singer/songwriter from

Etobicoke, ON)

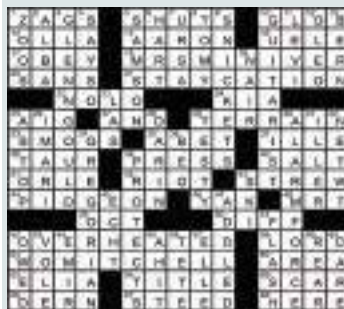
Down

- Types
- Biblical mariner
- Ms. Sedgwick of acting
- Iconic 'Degraasi' character played by Pat Mastroianni: 2 wds.
- 'Client' completer

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- Painter-at-the-easel's tool: 2 wds.
- ___-a-porter (Ready-to-wear)
- Brazil's Sao ___
- 'Mort' suffix (Funeral parlor gig)
- Blood-typing letters
- Poet T.S.
- Chess pieces
- ___ qua non (Essential factor)
- Floor plan measuring unit, ___
- Ms. Gardner
- Practice for the play
- Founded, for short
- "Gomer Pyle, ___"
- ___-free bread
- Calgary Flames org.
- Bakery supplies
- Made do
- Saint ___, New Brunswick
- Canadian cellist Ms. Harnoy
- Plant part
- Relating to lyric poetry
- "Get the Party Started" singer
- Rock producer Brian's
- Toronto Blue Jays mascot
- Sever

Yesterday's Crossword

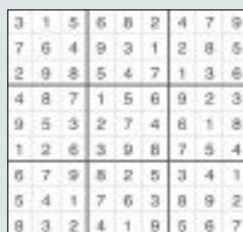


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

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Partly cloudy

Friday

24°/13°

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